

# Introducing

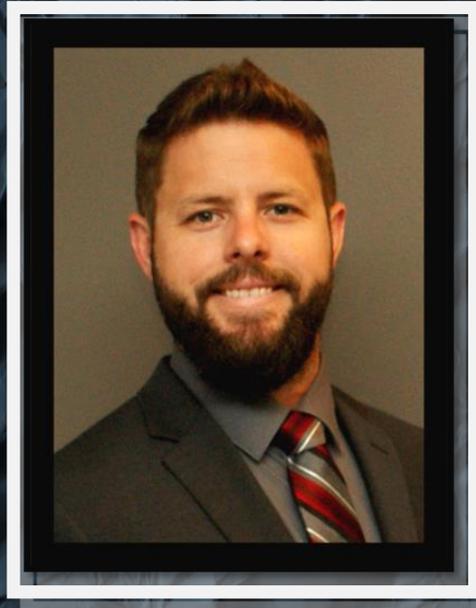
A Health Promotion Game  
Designed for All Ages & Abilities



Simply Amazing!



# Today's Presenters



**Mr. Dustin Falls, MS**  
Project Director  
Western Kentucky University  
CMP Reinvestment Projects



**Dr. Jason Crandall**  
Associate Professor  
Western Kentucky University  
Creator of Bingocize®

# Today's Special Topic



- ▶ What is it?
- ▶ Where is it?
- ▶ Why Bingocize?
- ▶ How to get involved?
- ▶ Utilized by Certified Nursing Facilities (CNF) in over 7 states

# What is Bingocize®?

- Evidence-Based, Health Promotion Program
- **Bingo + Exercise Therapy**
- Aimed at reducing the risk of falls
- 45–60-minute sessions; Delivered 2 x per week
- **Designed to improve:**
  - **Flexibility** (range of motion)
  - **Strength**
  - **Cognition**
  - **Energy Levels** (Cardiovascular Health)
  - **Social Engagement**

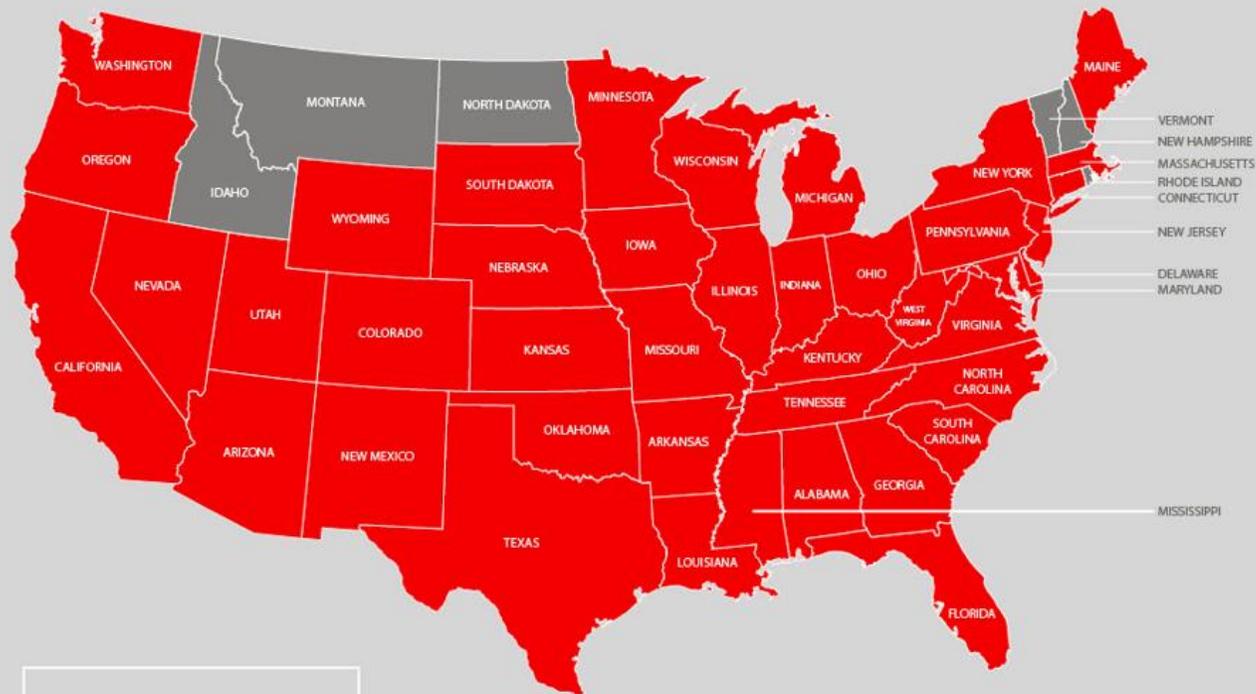
# Versions of Bingocize®

- **Paper-based**
  - Public health version designed to minimize cost
  - Combines bingo game and Bingocize® exercise manual
- **Bingocize® Online**
  - Tablet-based version of Bingocize®
  - Ability to offer sessions remotely
  - Bingocize® Online includes exercises and health education questions
  - Can combine Bingocize® Online with Paper-based

# Where is Bingocize<sup>®</sup> being offered? -CMP-

- States that received CMP Bingocize<sup>®</sup> Projects
  - Kentucky (UK)
  - Tennessee (WKU)
  - Alabama
  - Minnesota
  - Mississippi
  - North Carolina
  - Texas
- States that are applying for CMP Bingocize<sup>®</sup> Projects
  - Georgia
  - Indiana
  - Texas (SMU)
  - Utah

# Where **else** is Bingocize<sup>®</sup> being offered?

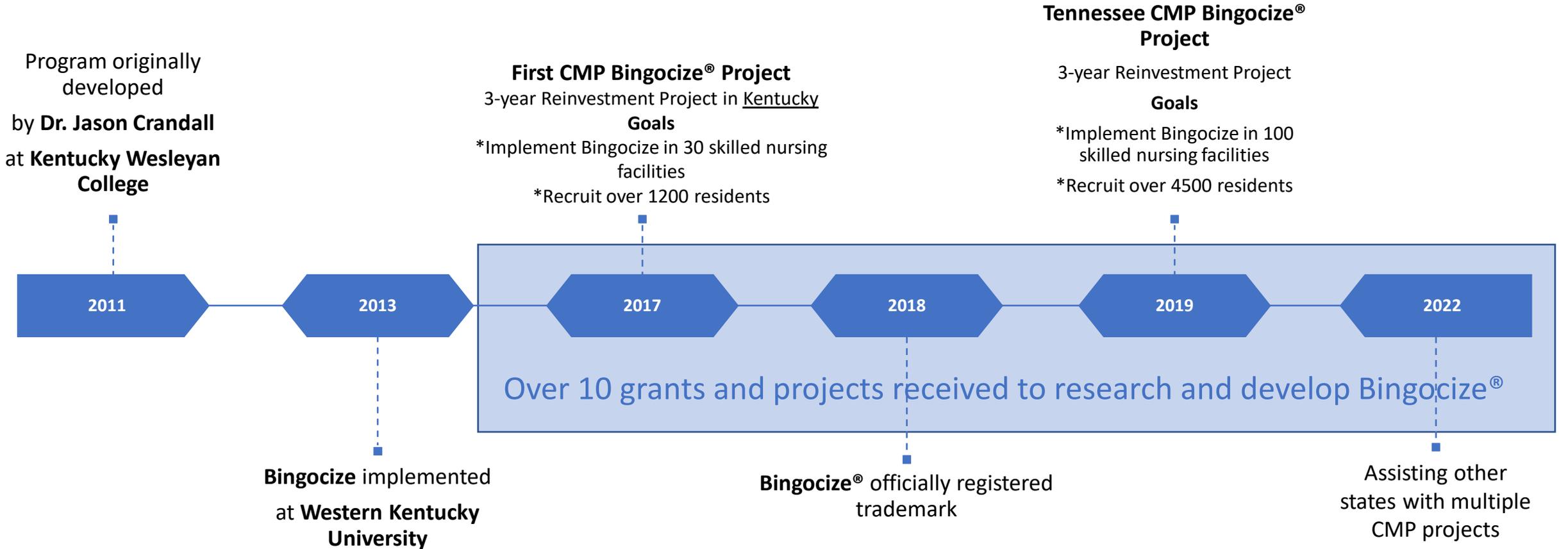


**STATES WITH BINGOCIZE**

- Across the US
- Widely accepted
- Nationally approved evidence-based fall risk reduction program
- Program also overseas
- **Common places used:**
  - Senior Centers
  - Aging Agencies
  - Extension Offices
  - Universities
  - Assisted Living Facilities
  - Health Departments

# Bingocize®

## Over a decade of research & development

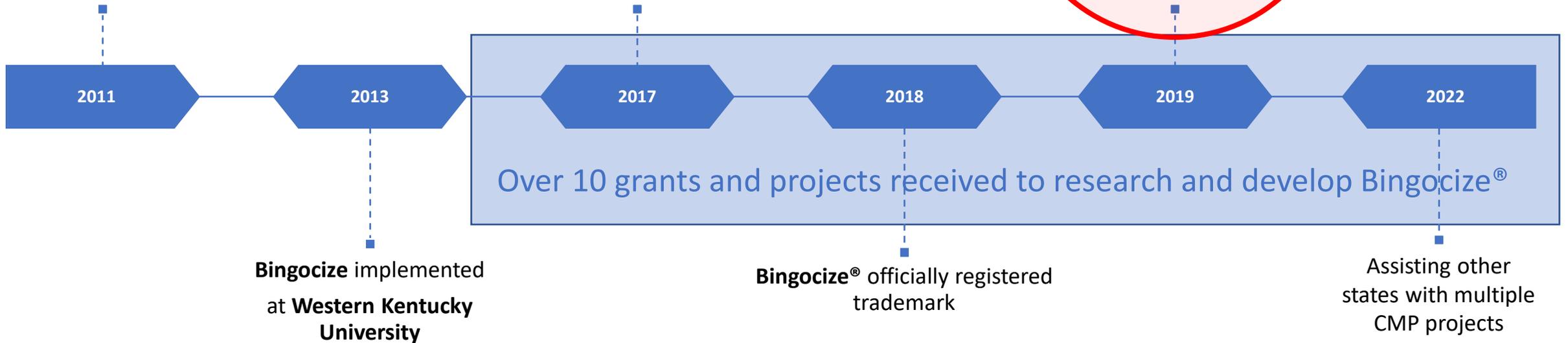


# Bingocize®

Over a decade of research & development

*Taking a glance at the  
Tennessee CMP*

Program originally developed  
by **Dr. Jason Crandall**  
at **Kentucky Wesleyan College**



**First CMP Bingocize® Project**  
3-year Reinvestment Project in Kentucky  
**Goals**  
\*Implement Bingocize in 30 skilled nursing facilities  
\*Recruit over 1200 residents

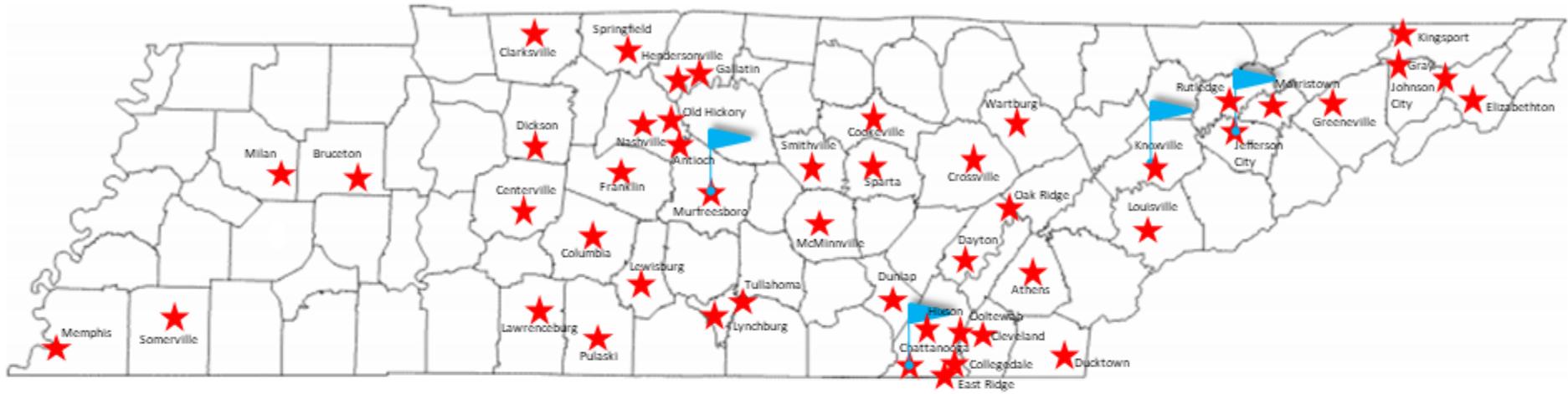
**Tennessee CMP Bingocize® Project**  
3-year Reinvestment Project  
**Goals**  
\*Implement Bingocize in 100 skilled nursing facilities  
\*Recruit over 4500 residents

Over 10 grants and projects received to research and develop Bingocize®

# Tennessee CMP **BINGO**ize Project



- 75 Certified Nursing Facility Partners
- 4 University & College Partners



★ Cities with Certified Nursing Facilities

🚩 University & College Partners

## University & College Partners



# TN CMP Bingocize<sup>®</sup> Project

- ▶ Ends September 1, 2023
- ▶ Goals
  - ▶ 100 CNF partners (currently 76 – room for 24 sites!)
  - ▶ 4500 resident participants (currently ~3k)
  - ▶ Train 280 CNF staff (currently over 200)

*Contact us after this presentation to learn how to join the project*

# TN CMP Bingocize<sup>®</sup> Project

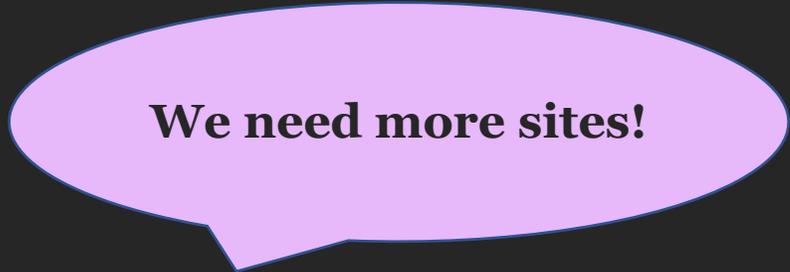
▶ Ends September 1, 2023

▶ Goals

▶ 100 CNF partners (currently 76 – room for 24 sites!)

▶ 4500 resident participants (currently ~3k)

▶ Train 280 CNF staff (currently over 200)



**We need more sites!**

*Contact us after this presentation to learn how to join the project*

# Why Bingocize®?

Bingocize® can increase/improve:

- ▶ gait speed
- ▶ physical strength
- ▶ mood/enjoyment of activities
- ▶ health knowledge
- ▶ falls prevention

# Why should CNF use Bingocize®?



Bingocize® can help skilled nursing residents by increasing:

- ▶ Daily physical activity
- ▶ Fun
- ▶ Restorative care
- ▶ PT
- ▶ Social engagement (regular bingo does not)
- ▶ Cognition challenge

# How does the **CMP** Bingocize<sup>®</sup> Project Work?

It begins with an agreed partnership between **University** ( or Principal Investigator) & **Certified Nursing Facility** (CNF)

## Quick Project Summary

1. **(Submit application)** University applies for CMP grants
2. **(Grant Received)** University deploys grant
3. **(Recruit partners)** University recruits CNF
4. **(Training)** University prepares CNF staff, CNF staff complete online training
5. **(Implementation)** CNF staff adds Bingocize<sup>®</sup> to activities schedule
6. **(Monitoring)** University monitors the project
7. **(Reporting)** Each CNF reports attendance | University submits summary reports

# Bingocize<sup>®</sup> Online Leadership Training

- Free to all CNF staff during CMP projects
- All online
- Easy registration process
- Takes roughly an hour to complete
- Renewed every two years
- May be used for CECs

# CNF Responsibilities



- ▶ Complete online Bingocize® Leadership Training
  - At least 2 trained leaders per facility
- ▶ Inform medical staff about Bingocize®
- ▶ Ensure care plan includes Bingocize® participation
  - Resident is permitted to participate
- ▶ Lead with positive energy
- ▶ Recruit residents to participate
- ▶ Track attendance
- ▶ Submit attendance each month
- ▶ Submit prize order every 90-days

# How long are CMP projects?

- Typical CMP project is 3-years
- How long does each CNF participate?  
Goal vs. Requirement
- Can CNF offer Bingocize<sup>®</sup> after the project?  
Sustainability

# What makes the CMP Bingocize<sup>®</sup> Project special?

- Safe, easy, **effective!**
- **University submits** all grant documents – CNF gets to enjoy program
- **No cost** to CNF
- Bingocize<sup>®</sup> can promote **interdisciplinary approach**
  - Paired with **Restorative Care** and **Physical Therapy**
- Residents **love Bingo** – Bingocize<sup>®</sup> allows **more bingo**
- Motivates residents to **move, more!**
- **Students actively engaged** with residents inside CNF
  - **Workforce development**

# Additional Benefits to CNF

- ▶ **Project supported by CMS and Dept. for Health**
- ▶ Project highlights shared nationally (CMP newsletter)
- ▶ Participation may reflect positive light on CNF
- ▶ **Free online training – may count for CECs for staff**
- ▶ Prizes covered by project budget
- ▶ University support
- ▶ Increased partnership with local organizations
- ▶ More physical activity = healthier residents
- ▶ Increased social engagement = happier residents



# Hosting the next Bingocize<sup>®</sup> session

- How to get involved?
- Contact Dr. Jason Crandall
  - [Jason.Crandall@wku.edu](mailto:Jason.Crandall@wku.edu)
- Center for Applied Science in Health & Aging (CASHA)
  - Western Kentucky University
- <https://www.wku.edu/bingocize/>